

# Working with parts in dissociative disorders

**Kurset afholdes:** onsdag den 1. maj og torsdag den 2. maj 2024 **Sted:** Diakonissestiftelsen, Peter Bangs Vej 5B 2000 Frederiksberg (Det er ikke muligt at tilkøbe overnatning på Diakonissestiftelsen).

**Transport/Parkering:** Fasanvej St. - Metrostation på Nordre Fasanvej 26A Frederiksberg ligger i 700 meters gåafstand fra Diakonissestiftelsen. Er du i bil, er der ved Diakonissestiftelsen et forholdsvis stort antal parkeringspladser. I receptionen kan du købe parkeringstilladelse, det koster kr. 60,-. (Pladserne kan være optaget op ad formiddagen).

**Tid: 1. kursusdag:** kl. 9.30-17.00. Ind-check kl. 9.00. **2. kursusdag:** kl. 9.00-16.30. Ind-check kl. 8.30. **Let morgenmad** begge dage fra ind-check.

**Pris for medlemmer:** 5.800,00 kr. **Pris for ikke-medlemmer:** 6.300,00 kr.

Priserne er inkl. undervisningsmateriale der sendes elektronisk, let morgenmad kaffe/te, frugt, vand, frokost og kage.

**Niveau:** Kurset er et videregående kursus efter grunduddannelse 1 og 2. Ved tilmelding til kursus beder vi dig oplyse, hvornår du har afsluttet del 2.

**Tilmelding:** Du tilmelder dig til sekretariatet på [info@emdr.dk](mailto:info@emdr.dk)

Du vil herefter modtage en bekræftelse samt faktura til brug for betaling. Tilmeldingen betragtes som endelig ved modtagelse af beløb. Afvent fremsendelsen. Betaling til Danske Bank reg.nr: 1551 kontonr.: 7501501 eller link på faktura.

Ved EAN betaling bedes alle relevante oplysninger sendes til [info@emdr.dk](mailto:info@emdr.dk). (Kontaktperson, reference, arbejdssteds navn og adresse, EAN.nr.)

**Tilmeldingsfrist: 22. marts 2024. Afbud: Senest 07. april 2024.** Efter denne dato tilbagebetales der ikke fuldt kursushonorar. Før denne dato tilbagebetales fuldt kursushonorar minus administrationsudgifter på kr. 400.

**NB!** Deltagere sender mail til kursusarrangør Martin Schwabe på [martinschwabe@proton.me](mailto:martinschwabe@proton.me) vedr. diverse diæter/allergier senest 1 uge før kursus.

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**Kursusarrangør:** Foreningen EMDR Danmark

# **Working with parts in dissociative disorders**

## **A practical guide for EMDR Therapist**

**Presenter: Dolores Mosquera**

Many therapists report problems in working with patients with dissociative disorders, especially in regards to developing the treatment plan, structuring the sessions, or managing the patient's internal conflict, as well as working with those parts that are most challenging. When parts are stuck in trauma, it is easy to encounter a wide range of difficulties in therapy. Some of the main problems are related to the internal conflict presented by these patients, who show difficulties in regulatory capacities, distrust and hostility. Working with EMDR requires approaching the difficulties of this clinical population, as well as developing skills to adapt the procedures and techniques.

This workshop will describe useful concepts to help therapists understand patients with dissociative disorders and organize the work plan with EMDR. In addition, a variety of techniques and tools for the different steps of the work will be illustrated, allowing for safe interventions with various types of clinical problems and dissociative parts. A conceptualization model developed specifically for dissociative disorders will be presented, as well as a guide to carry out a treatment plan adapted to several common difficulties (Mosquera, 2019).

### **Key Program Content**

1. Key concepts in working with Dissociative Disorders
2. How to structure the work plan
3. Organizing the session
4. How to develop the Adult Self
5. Scheme to explore the internal system and understand the conflict.
6. Working with complicated parts.

### **Learning objectives:**

1. Participants will be able to describe at least 5 key aspects of working with Dissociative Disorders.
2. Participants will be able to describe how to structure the work plan
3. Participants will be able to list examples of organizing the session
4. Participants will be able to describe at least 5 ways to develop the Adult Self
5. Participants will be able explain how to explore the internal system
6. Participants will be able to list a specific way of conceptualizing dissociative disorder cases

## Program

### Day 1

09:30 am - 11:00 am:

Key concepts in working with Dissociative Disorders

How to structure the work plan: Basic principles and work schemes

11:00 am - 11:15 am: Coffee break

11:15 am - 12:45 pm: Organizing the session: Steps to establish a guided work scheme

12:45 pm - 1:45 pm: Lunch

1:45 pm - 3:15 pm:

Important aspects in the development of the Adult Self: One piece at a time

3:15 pm - 3:30 pm: Coffee break

3:30 pm - 5:00 pm: Scheme to explore the internal system and understand the conflict.

Guided questions and variations

### Day 2

09:00 am - 10:30 am:

Working with complicated parts. Common problems in complicated parts

What makes some parts more difficult than others? Steps in the initial contact and how to continue the work

10:30 am - 10:45 am: Coffee break

10:45 am - 12:15 pm: Case conceptualization for dissociative disorder

12:15 pm - 1:15 pm: Lunch

1:15 pm - 2:45 pm: Working with critical and controlling parts

2:45 pm - 3:00 pm: Coffee break

3:00 pm - 4:30 pm: Working with distrustful and fearful parts